

# City of Loma Linda Community Garden News

October 2003

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

October



LET'S  
CELEBRATE!

Sunday October 12th  
from  
1:00 p.m.-3:30 p.m.  
at the

Community Garden.

Please bring your favorite dish and join us for an afternoon of music by the Loma Linda Ukulele Club, face-painting and balloons by "the Scarecrow," fresh fruit smoothies prepared by LLU School of Public Health students, door prizes, food and fun!

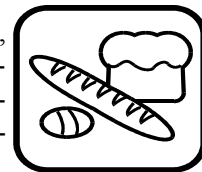
Garden hours are  
dawn 'til dusk



## *You Asked for it! Nutritional Value of Common Food Additives*

Last month's newsletter included some information on additives and some of you have asked about the nutritional implications for the additives mentioned. Below is some more information on additives, and their nutritional implications (if they have any).

**Additives that maintain desired food consistency** (such as Alginates, Lecithin, Mono- & Diglycerides, Methyl Cellulose, Carrageenan, Glyc-eride, Pectin, Guar Gum, and Sodium Aluminosilicate) are usually referred to as "gums." Gums are classified as "soluble fiber" and have potential nutritional and health benefits. The water-holding capacity of gums causes an increase in stool bulk until gums are digested in the large intestine. Even then, the insoluble fibers move the stool more rapidly through the gastrointestinal tract.



**Found in:** Baked goods, cake mixes, salad dress-ings, ice cream, processed cheese, coconut, table salt

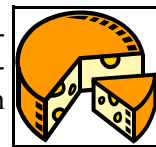


**Found in:** bread, cheese, crackers, frozen & dried fruit, margarine, m lard, potato chips, cake mixes, meat

**Additives that maintain flavor & wholesomeness** (such as Propionic Acid & its Salts, Ascorbic Acid, Butylated Hydroxy anisole (BHA), Buty-lated Hydroxytoluene (BHT), Benzoates, Sodium Nitrite, and Citric Acid)

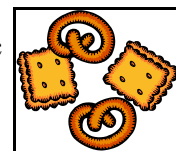
do not necessarily have any direct nutritional value, but they do help to preserve nutrients in the foods they are added to.

**Additives that enhance flavor or give desired color** (such as cloves, Gin-ger, Fructose, Aspartame, Saccharin, FD&C Red No. 40, Monosodium Gluta-mate, Caramel, Annatto, Limonene, and Turmeric) do not have any known nutritive or harmful effects. "Aspartame has come under fire in recent years from individuals who have used the Internet in an attempt to link the sweetener to brain tumors and other serious disorders. But FDA stands behind its original approval of aspartame, and subsequent evaluations have shown that the product is safe (FDA, 1999)."



**Found in:** spice cake, gingerbread, soft drinks, yogurt, soup, confections, baked goods, cheeses, jams, and gum

**Additives that produce light texture & control acidity and alkalinity** (such as Yeast, Sodium Bicarbonate, Citric Acid, Fumaric Acid, Phosphoric Acid, Lactic Acid, Tartrates) do not have any nutritive or harmful effects. Instead these additives result in expansion (leavening) of cells in the prod-uct. Acidic ingredients may be included in a batter or dough recipe to add flavor as well as to serve as a component of a leavening reaction. Alkaline ingredients are used in combination with acidic ingredients to create carbon dioxide, the gas that causes the product to expand.



**Found in:** cakes, cookies, quick breads, crackers, butter, chocolates, soft drinks

Community Garden News  
is printed by the City of Loma  
Linda



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California Healthy Cities  
and Communities



The Harvest  
Festival is this  
month...please take  
some time to pull  
the weeds around  
your site and keep  
the garden looking  
nice for the big  
event October 12th.

**There will be a workshop  
on Tuesday October 28th  
at 6:00 p.m. presented by  
Jim McIntosh. The  
topic will be "Low  
Volume Watering."**

## Getting Ready for Cool Season Crops

According to David Stottlemeyer, our favorite garden workshop presenter, there are some things to consider when getting ready for planting during the cooler season. Cool season crops (when starting from seed) require cool soil to germinate and tolerate light frost. They are considered to be true vegetables and usually have a shallow root system. If you are planting your seeds directly into the ground, follow the guidelines on the seed package, but a good rule of thumb is to plant at a depth of four times the diameter of the seed. If you plan to transplant your seeds, it is easy to transplant broccoli and cauliflower, but best to purchase plants and transfer them directly into the soil when it comes to carrots, turnips and beets. Below is a list of more cool season crops:

- Artichoke
- Asparagus
- Broad beans (Fava)
- Brussels Sprouts
- Cabbage
- Celery
- Chard
- Chive
- Collard
- Garlic
- Lettuce
- Potato
- Radish
- Rhubarb
- Rutabaga
- Shallot
- Spinach
- Turnip



Gardening is a way of showing that you  
believe in tomorrow. ~Author Unknown

## RECIPE CORNER

*Mrs. G's ZUCCHINI CHEESE SOUP\**  
(Serves 4)

### Ingredients

2 large or medium-sized zucchini chopped into bite-sized pieces  
1 large onion sliced into ring style slices  
1 can creamed corn (or whole corn)  
1 can stewed tomatoes or two fresh tomatoes  
2 cups 2% cheddar cheese  
2 cloves garlic, chopped  
2 ½ cups water

Calories: 325  
Protein: 19 g  
Fat: 13 g  
Saturated Fat: 8 g  
Carbohydrate: 35 g  
Calcium: 468 mg

### Directions

Sauté garlic in a small amount of oil and add chopped zucchini in a large pot or Dutch oven. Sauté until lightly browned. Add the rest of the contents (add water before cheese) and bring to a boil for three minutes, then reduce heat and simmer for about 15-20 minutes.

\*Thanks to Lisa Escalante's mom, Mrs. Gonsales, for sharing this recipe!